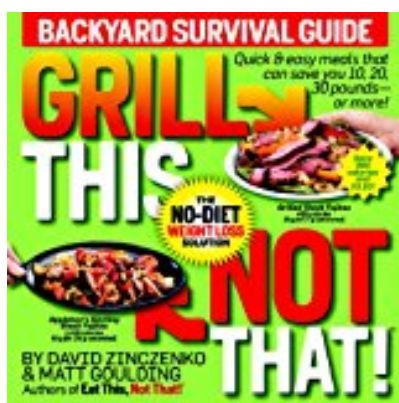


# [PDF] Grill This, Not That!

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**About the Author** DAVID ZINCZENKO is the editor-in-chief of *Men's Health* magazine and the author of the *New York Times* bestsellers *Eat This, Not That!*, *Cook This, Not That!*, *The Abs Diet*, and *The Abs Diet for Women*. He splits his time between New York City and Allentown, PA.

MATT GOULDING is a contributing food and nutrition editor of *Men's Health* and former professional chef. He lives in North Carolina.

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